

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

February 2017

Vol. VII Issue II

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health
Department

 Cincinnati Health
Department

 @CinciHealthDept

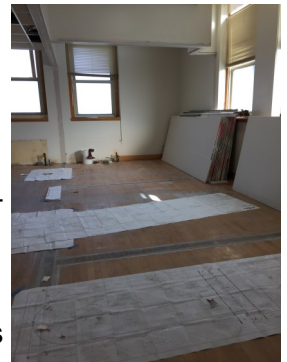
 @cinci_healthdept



Dental Expansion at Elm Street Increases Capacity



Thanks to an Oral Health Expansion Grant from Health Resources & Services Administration (HRSA), a new three-chair addition has recently been completed at the Elm Street Health Center. The expansion increases the dental workspace from five to eight dental operatories and will increase productivity in the Dental Center. The Elm Street Dental Center's operating hours are Monday through Friday, from 6:30 a.m. until 8 p.m. In addition to 1.5 full time employee dentists worth of regularly appointed patients, they also serve an average of 75 walk-in dental emergency patients each week.



The expansion funding provided \$100,000 for dental equipment and \$250,000 to increase staffing by adding a dental hygienist, an expanded function dental assistant and a chair-side dental assistant. This expansion in auxiliary dental providers will allow Elm Street to provide more preventive and educational services as well as increase its capacity to restore and save teeth. In both instances, the expansion gives patients a greater opportunity to prevent disease and keep their teeth and gums healthy.

Elm Street Center has been oversaturated with patients. Now, the Center can accept new patients and offer walk-in emergency patients greater opportunity to receive routine dental care, eliminating the need for future emergency services. The staff at Elm Street looks forward to providing additional and more comprehensive dental services.



Call to make your appointment today!

Elm Street Health Center
1525 Elm Street
Cincinnati, Ohio 45202
Main: 513-352-3092
Dental: 513-352-2927





Dear CHD Family,

The accreditation process is in full swing at CHD. Whether you are involved in domain meetings or have never heard of PHAB, I'd like present the basics of accreditation:

PHAB stands for the Public Health Accreditation Board. PHAB's goal is to improve and protect the health of the public by advancing the quality and performance of health departments. Since we receive funding from the Ohio Department of Health, we are **required** to apply for accreditation by July 1, 2018 and be accredited by July 1, 2020.

Accreditation is a lengthy, time-consuming and incredibly detailed process. The accreditation process uses PHAB standards and measures that help a health department achieve performance excellence. The standards and measures are the framework for evaluating a health department's processes and services, their outcomes, and progress toward specific goals and objectives. These range from quality improvement to workforce development. To view a complete list of PHAB's Standards & Measures, visit here: <http://tinyurl.com/PHAB1-5>

Accreditation involves everyone. Yes. Everyone.

All employees will be involved in the accreditation process in one way or another. By now, you should have received a secondary badge card. This card is to accompany your CHD badge at all times. It contains CHD's mission, vision and core values in addition to the benefits of accreditation. The card serves as a daily reminder of why we do, what we do, and how we can all achieve excellence together.

If you are interested in learning more, PHAB orientation is available for everyone: <http://www.cecentral.com/phab>.

Dr. Marilyn Crumpton

What to do if your child gets sick with the flu

Children younger than five years old have a greater chance of having problems with the flu. Children with a long term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu. If your child is younger than five years of age, or of any age with a long-term health condition, and develops flu-like symptoms they're at risk for serious complications from the flu.

To reduce the spread of the flu, keep your sick child at home until at least 24 hours after their fever is gone, except to get medical care. Children can go back to school 24 hours after their fever is gone **WITHOUT** the use of medicine that lowers fevers.

Here are simple tips to care for your sick child:

- Make sure your child gets plenty of rest and drinks a lot of clear fluids such as water, broth, sports drinks, and electrolyte beverages for infants (Pedialyte) to prevent dehydration.
- Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members.
- Do not allow your child to share food or drinks with others.
- Try to have one person as the main caregiver for the sick child. If possible, the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma.

Announcements & Congratulations

Thank you for your support of the UNCF

The United Negro College Fund Raffle Drawing is here!

Thank you for your overwhelming support and generous contributions!

Join us for the raffle drawing:

Friday, February 3, at 1:00 p.m.

B&K Auditorium

Three employees will win 24 hours of vacation time donated by the CHD Leadership Team

Light refreshments will be served

The grand total of funds raised will be announced on Tuesday, February 14.



Pharmacy Tips

Taking out-of-date drugs carries certain risks

One of the most common questions people ask health care providers is, *Can I use my old drugs past their expiration dates?*

The short, safe answer is no.



Out with the old! Be it the fresh start of a new year or a spring cleaning, consumers are encouraged to take stock of what has surpassed its usefulness. Medicines are no exception.

Expired medical products can be less effective or risky due to a change in chemical composition or a decrease in strength. Certain expired medications are at risk of bacterial growth and sub-potent antibiotics can fail to treat infections, leading to more serious illnesses and antibiotic resistance.

In 1979, the U.S. Food and Drug Administration (FDA) began requiring an expiration date on prescription and over-the-counter medicines. This date is a critical part of deciding if the product is safe to use and will work as intended.

The expiration date can be found printed on the label or stamped onto the bottle or carton, sometimes following "EXP." It is important to know and stick to the expiration date on your medicine. Using expired medical products is risky and possibly harmful to your health. In addition, many Americans may not be aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse.

Learn the facts, Be lead safe!

Learn how to ensure safe drinking water quality in your home or child care program.

Voluntary lead testing is FREE for Greater Cincinnati Water Works (GCWW) customers. Your results will be reviewed with you by one of GCWW's representatives.

Help promote lead-safe communities for our children. Get your free water test kit and learn how to: *Be Lead Safe With Your Drinking Water Today!*

For more information: Lead.myGCWW.org

To obtain your free lead sampling kit, contact: Kathleen Frey at 591-5068
Kathleen.Frey@gcww.cincinnati-oh.gov or

Jim Nelson at 591-6869
James.Nelson@gcww.cincinnati-oh.gov



A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

As we engage the Board Members in support of staff and patient services at CHD, the focus on efforts of continuity of care remains. Changes in the Affordable Care Act and its repeal brings much uncertainty. Yet, the task of delivering services will be monitored for best outcomes and minimal interruptions to our citizens.

We encourage our citizens to contact Representatives to voice all concerns.

Contact Information:

Sen. Rob Portman 513-684-3265

Sen. Sherrod Brown 513-684-1021

Congressman Steve Chabot 513-684-2723 or 513-684-2723

Representative Brad Wenstrup 513-474-7777

Again, we appreciate the efforts of Dr. Marilyn Crumpton and the employees of the CHD and Health Centers for the excellent work being done to keep our City healthy!

Tattoos and Body Piercing: Play it smart with body art

Once only popular among sailors, circus performers and spies, tattoos and body piercing are now commonplace. This popular form of self-expressive body art comes with significant health risks.

Robin Anderson, Supervising Sanitarian, Environmental Health Services at CHD, says tattoos and body piercing carry risks of infection and blood-borne disease transmission caused by unsterile needles and equipment as well as unsanitary procedures and practices by the artists. Allergic reactions to inks and piercing jewelry or the latex gloves used, can result in swelling, scarring or general discomfort.

**Health concerns**

Signs of infection include: sore/tender/painful skin or redness and warmth at the tattoo or piercing site; discharge from the skin at the site or a fever. Existing medical conditions such as allergies, heart disease, diabetes, skin disorders or conditions affecting the immune system may increase the risk of complications from tattooing and body piercing. Anderson advises those seeking these procedures to speak with their physician regarding potential health risks before getting a tattoo or body piercing.

CHD facility inspections

The CHD has increased their unannounced annual inspections from twice a year to three times a year at all 25 licensed body art establishments in Cincinnati. The facilities are inspected to ensure safe and sanitary conditions for clients. All artists are checked to make sure they have current first aid and blood-borne pathogen training.

CHD inspectors check paperwork documenting the facility's autoclave operation and verify all equipment has been sterilized properly and dated. For prepackaged, pre-sterilized equipment, inspectors check expiration dates and make sure the packaging is not damaged. All inks and jewelry are inspected for compliance. "Only a facility located in a commercial building can be licensed, not individuals," says Anderson. Only use a reputable facility which is licensed and inspected by the health department.

Parental involvement is important for teens

Parents of teenagers should discuss the consequences of tattoos and body piercing. In the state of Ohio, it is illegal for anyone under the age of 18 to receive a tattoo or piercing except in the presence of a parent or legal guardian. The parent or guardian must sign a document, provided by the establishment, which explains the procedure and methods for proper aftercare. No one under the age of 18 can receive a genital piercing; even with parental consent....it is strictly against the law.

"Getting a tattoo or a piercing is a big decision," Anderson says. "Taking a few precautions will help you get the best results from your new body art and avoid serious side effects."

Contact the CHD for information on licensed body art establishments. For questions/complaints call 513-564-1780.

CHCC Presents Excellence Awards

Creating Healthy Communities Coalition recently recognized several of its members who have worked diligently to contribute to positive changes in community-level outcomes. These coalition members have implemented a comprehensive set of data driven strategies and interventions to target the unique and specific conditions contributing to healthy eating, active living and tobacco free living. Honorees include:

**Healthy Eating—Tevis Foreman, Chair; Recipient Erin Spinney, Our Harvest**

Erin Spinney has demonstrated excellence in her work with the Creating Healthy Communities Coalition and Harvest Day programs. Her efforts resulted in increased access to healthy, local food. Spinney, and Our Harvest Cooperative, exemplify excellence in partnerships.

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Active Living—Ellen Berninger, Chair; Recipient Jill Gorley, Alzheimer's Association

Even though our topic didn't correspond directly with Gorley's mission she was always active and engaged and allowed us to see how we could choose our efforts to be inclusive for everyone in the community.

Tobacco-Free Living—Julian Collins and Tonia Smith, Chairs; Recipient Cristie Carlson, Cradle Cincinnati and Hamilton County Public Health

Collins is a wonderful partner who not only attends all of the CHCC meetings and events, but helps with joint projects outside of CHCC related to tobacco. She is a wealth of knowledge in the tobacco field.

Evaluation & Capacity Building—Denisha Porter, Chair; Recipients Lora Arduser and Rachael Shepler, University of Cincinnati

Arduser and Shepler created one pagers for the community describing our Community Health and Group Evaluation data. These CHANGE Tool evaluations were 100 + pages which Arduser and Shepler compressed into concise, easy-to-read formats.



Interprofessional collaboration improves healthcare

The CHD, Cincinnati Public Schools and Xavier University have entered into an interprofessional collaboration requiring continuous interaction, coordinated efforts and shared knowledge to combat chronic absenteeism in Cincinnati public schools. The benefits of this affiliation are improved patient outcomes, enhanced provider satisfaction and more effective utilization of resources.

Certified Pediatric Nurse Practitioner Norah Bertschy, MSN is leading the effort for the CHD. The collaboration is funded by a three-year HRSA grant written and managed by Xavier University in Cincinnati. The grant period ends in 2018.

Xavier nursing students are currently focused on health issues affecting chronic absenteeism in Cincinnati public schools. "Our three-pronged approach allows us to consider the impact of healthcare on improved patient and family experiences while reducing medical costs," says Bertschy. "Our goal is to identify factors which would cause students to miss ten percent or more school days."

Collaborative partners participating in the grant include the CHD Home Health team, The Elm Street Health Center Pediatric Clinic, the Adult Clinic at Millvale Health Center, and school-based health centers in the Academy of World Languages, Mt. Airy Academy and Roberts Academy.

The underlying causes of chronic absence from school include: acute illnesses, taking care of younger siblings, work or missed transportation. "The impact of chronic absenteeism on a child's education is alarming," states Bertschy.

The CHD can proactively identify, treat and manage health concerns like asthma and other chronic illnesses. Parental involvement and school intervention are also important aspects of identifying underlying risk factors contributing to emotional and behavioral responses which cause poor grades, absenteeism and poor health.

For more information about the Interprofessional Collaborative Practice, contact Norah Bertschy by email at norah.bertschy@cincinnati-oh.gov

National Observance Month: Heart Month

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for both men and women. You can make healthy changes now to lower your risk of developing heart disease. Controlling and preventing risk factors are also important for people who already have heart disease.

To lower your risk:

- Schedule a visit with your doctor to talk about heart health.
- Watch your weight and increase healthy eating options.
- Become more active by adding exercise to your daily routine.
- Control your cholesterol and blood pressure.
- Take medication as prescribed.
- Quit smoking or take steps to quit smoking. Avoid secondhand smoke whenever possible.
- If you drink alcohol, drink only in moderation.



Lead paint can become an indoor health hazard



Protecting children from exposure to lead is important to lifelong good health. Even low levels of lead in a child's blood have been shown to affect IQ, the ability to pay attention and academic achievement. More importantly, the negative effects of lead exposure cannot be corrected.

Lead-based paint and lead contaminated dust are the most hazardous sources of lead exposure for U.S. children. Lead-based paints were banned for use in housing in 1978. All houses built before 1978 are likely to contain some lead-based paint. Approximately 24 million households have deteriorated (chipped or cracked) leaded paint and elevated levels of lead-contaminated house dust. More than four million of these dwellings are home to one or more young children.

Children under the age of 6 years old are at the greatest risk because they tend to put their hands or other objects -- which may be contaminated with lead dust -- into their mouths.

Renovating your home can disturb lead paint surfaces. Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint. Children and pregnant women should not participate in activities that disturb old paint or in cleaning up paint debris during the renovation.

CHD can assist you in testing paint and dust from your home for lead. For more information, or to see if you may qualify for a grant to make your home lead-safe, call 513-357-7420.



Do you follow CHD on social media?

If not, be sure to like and follow:



Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>
 Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>
 Vimeo (CitiCable): <https://vimeo.com/citicable>